

FRONT & CENTER

DECEMBER 2010

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Travel Expo

Wednesday, December 8 • 2 pm

Free

Learn about all of the Enfield Senior Center travel opportunities for 2011. There will be both presentations and booths to answer all of your questions.

Holly Jolly Celebration

Thursday, December 16 • 12 pm

The fun begins in the Community Café Lunch program. A special holiday meal is being prepared with special holiday touches. Register by calling the Lunch Line at 860-763-7428. Suggested donation, \$2. Space is limited so please register early.

At 1 pm, you may want to stay for a fun-filled and festive afternoon performance by Tom "T-Bone" Stankus. Tom will have you laughing and singing and very, very merry! There is no charge for this event.

Two holiday events in one day. Choose one or choose both. What fun it will be!

**Special
Savings
Offers &
Discounts
Inside**



Jingle Bell Dinner Dance

Friday, December 10 • 5 pm

R \$14 **NR** \$15

Enjoy a holiday meal of Turkey with Stuffing, Cranberry Sauce, Mashed Potatoes and Gravy, Seasonal Vegetable with Apple Pie and Coffee and Tea. Celebrate the season by dancing and listening to the Joe Campisi Band from 6 to 8 pm.

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- Lifeline
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 - Incontinence Care
 - Many Others

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First sign up day for January - March classes:

R Friday, December 10
Starting at 8:30 am

NR Friday, December 17
Starting at 8:30 am

Please bring a completed registration form and cash or a check payable to the Enfield Senior Center.

Registration policies:

- Registrations are taken in person beginning on the dates and times above.
- No registrations are taken prior to the first sign-up date.
- Only one registration per person is accepted on the first sign-up day.
- Mail-in registrations are processed after those in person have been registered. Please do not send cash. A completed registration form must be included.
- If a class has filled, a waiting list is taken. Those on the waiting list will be enrolled as openings become available.

Refund policies:

- Refunds are made in full for those withdrawing before a class begins.
- Refunds are given for medical reasons, with a doctor's authorization, or if the Enfield Senior Center cancels the class.

ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: (860)763-7425 • **FAX** (860)763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov

Click on Senior Center

HOURS: Office opens at 8:30 am

Monday -Thursday 8 am to 8 pm

Friday 8 am to 5 pm

HOLIDAY HOURS:

December 27-30 open 8 am to 5 pm

Closed December 24 and 31

SENIOR COMMUNITY CAFÉ..(860)763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

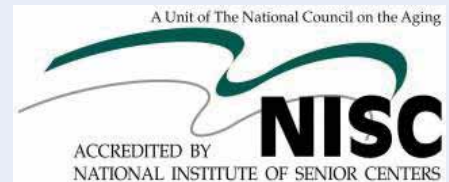
Main Office(860)763-7425

Arts & Crafts.....(860)763-7437

PRIME Fitness Room.....(860)272-3554

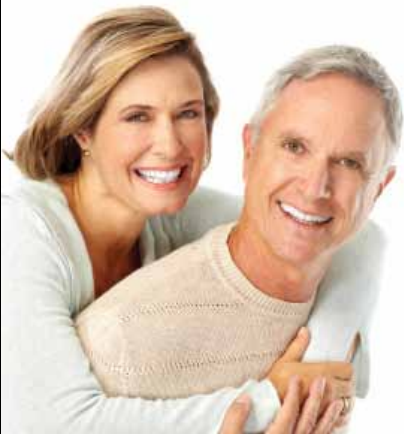
Meals on Wheels(860)763-0400

Dial-a-Ride(860)272-3545



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- Teeth Whitening
- Immediate Emergency Dental Care

**We'll Give You
a Winning Smile!**

Special Events, Seminars & Meetings

All tickets for catered events may be purchased up to the day before the event and are not sold at the door. Please register in advance for all seminars in the Senior Center office or call 763-7425.

3



Jingle Bell Dinner Dance

Friday, December 10 • 5 pm

R \$14 **NR** \$15

Enjoy a holiday meal of Turkey with Stuffing, Cranberry Sauce, Mashed Potatoes and Gravy, Seasonal Vegetable with Apple Pie and Coffee and Tea. Celebrate the season by dancing and listening to the Joe Campisi Band from 6 to 8 pm.

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Two holiday events in one day. Choose one or choose both. What fun it will be!

Afternoon Dance

Friday, December 17 • 2 pm

\$3 at the door

Dance the afternoon away to the lively music of Rich Mitnick. A snack is provided.

Movie & Pizza Night

Monday, December 13 • 5 pm

\$5 per person with dinner

\$2 per person without dinner

Tonight's movie is *Eat, Pray, Love* starring Julia Roberts. Enjoy pizza before the movie.

Jewish Cooking

Wednesday, December 1 • 1 pm

Presented by Jewish Geriatric Services including Julian Leavitt Family Jewish Nursing Home, Wernick Adult Day Health Care Center, Spectrum Home Health and Hospice Care, Ruth's House – An Assisted Living Residence, JGS Family Medical Care and Genesis House

Join us for a cooking demonstration and talk about traditional Jewish foods. Learn how to make and also sample some of the delicious potato latkes on the first day of Hanukkah.

Travel Expo

Wednesday, December 8 • 2 pm

Free

Learn about all of the Enfield Senior Center travel opportunities for 2011. There will be both presentations and booths to answer all of your questions.



Over the Counter Medicines

Thursday, December 9 • 1 pm

Presented by University of Connecticut Pharmacy Students

Are medicines sold without a prescription perfectly safe? Can they be combined with other prescription medications? Learn about drug interactions and what cautions you should take using cold medications and even common pain relievers.

Arthritis and Exercise

Wednesday, December 15 • 1 pm

Sponsored by Grey Physical Therapy

Physical Therapist, Becky Feliciano, will lead a discussion of what arthritis is, the problems associated with it and how exercise can help to lessen the pain and restore some flexibility. Learn specific stretches and how to manage your cardio routine.

NEW! Beginner Italian

Mondays • 9:30 – 11:30 am

Jan 10 – Feb 28 6 classes

No class Jan 17 or Feb 21

R \$18 **NR** \$24

Learn the basics of Italian in a fun, relaxed atmosphere.



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4 Trips

SAVE THE DATES!

Stop by for trip flyers with more detailed information

Please note that return times are approximate

Classic Connecticut Holiday Homes

December 5 – Depart for Hill-Stead Museum and a tour of this gracious estate, given by docents in period costume. Spend some time at a Holiday Boutique on the grounds, before heading to Avon Old Farms for a fabulous Sunday Brunch. Then it's on to the Governor's home for a tour featuring rooms decked out in holiday decorations. *Depart at 9 am and return at 4:30 pm Cost is \$87 per person. Please sign up in the office, as spaces remain.*

Senior Center Travel Expo

December 8 – Come to the Senior Center and gather information about our wide selection of day trips, overnight trips and cruises. Tours of Distinction will preview details of our Bermuda Cruise, our 3 day "Cape May Diamonds and Atlantic City" overnight trip, "Great Trains & Grand Canyons" our 6 day trip to the beautiful west, our fall foliage trip to New Hampshire, along with our fabulous 14 day cruise to the Mediterranean. If you love to travel around the world or if you prefer to stay close to home, come see what we're offering that will inspire you to pack your suitcase or put on your walking shoes for a quick jaunt to a favorite hot-spot in New England. We have trips planned for all interests, from BINGO day trips to Luxury Cruises. Come join us at 2 pm for refreshments and an informative presentation on our exciting overnight trips. You will also have time to browse our travel booths. This is an event you won't want to miss!



Boar's Head Feast at the Williams Inn – December 14

– Begin your day with a festival at The Berkshire Museum, featuring almost 200 uniquely decorated trees. Travel on to Williamstown, known as "Village Beautiful" for a Boar's Head Procession and bountiful Christmas buffet. Then, gather around a fresh evergreen for The Miss B. Haven Cabaret Show featuring favorite holiday songs. At the close of the afternoon, the Yule Log will be lit as you make a hot wassail toast to the season. *Depart at 8 am and return at 5:15 pm Cost is \$97 per person. Please sign up in the office, as spaces remain.*

Stageloft Repertory Theater and the Salem Cross Inn – January 30, 2011

– Begin your day with a delicious lunch at The Salem Cross Inn, a Colonial restaurant situated on 600 acres of rolling meadows and woodlands in Central Massachusetts. After lunch, sit back in the comfort of this intimate theater and watch "Cat on A Hot Tin Roof", the Tennessee Williams Pulitzer Prize winning drama. *Depart at 10:30 am and return at 5:15 pm. Cost is \$87 per person. Please sign up in the office, as spaces remain.*

The Canadian Tenors at the Jorgensen Center for the Performing Arts – February 25, 2011

– This evening event begins with dinner at the Nathan Hale Inn and Conference Center on the University of Connecticut Campus, in Storrs, CT. Following dinner you will be entertained by the Canadian Tenors in the newly renovated Jorgensen Center for the Performing Arts Theater. The Tenors' music is an exciting blend of classical and contemporary pop that thrills audiences around the world. The Tenors have performed for Presidents Barack Obama, Bill Clinton, and George W. Bush, and Prime Minister Tony Blair to mention a few. *Depart at 4:15 pm and return at 11:15 pm. Cost is \$106 per person. Sign up date is Friday, December 10 from 10 – 11 am and after in the office, as spaces remain.*

Bermuda Cruise – May 27 - June 3, 2011

– Cruise out of Boston Pier on an 8-day cruise to Bermuda. Enjoy the luxury of the 4-star Norwegian Dawn cruise ship with nightly shows and three delicious meals per day. Enjoy shopping, restaurants, art galleries, craft makers and eight wonderful museums while touring this pristine island. For water lovers, there is a snorkel park and an extensive water sports facility. *Cost is \$1589 per person/ double occupancy, for a Balcony Cabin. Sign up information can be obtained at the Senior Center.*

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Frequently Asked Questions at the Enfield Senior Center

How old do you have to be to become a member of the Enfield Senior Center?

The Enfield Senior Center has no membership. There are charges for classes, events, and PRIME Fitness membership. There are resident and non-resident rates, but free events are open to the public. There is no age restriction, however most classes, events, and programs are geared to those 50 and over.

Is saving seats allowed at the Enfield Senior Center?

All seats are first come, first served at the Enfield Senior Center with the exception of events with reserved seating. Even then, tickets are sold on a first come, first served basis. It is certainly understandable that participants would want to have a meal, play cards or play bingo with their friends. The Senior Center staff, however, does not support, enforce or play a part in the saving of seats. It can be very unfriendly to save seats when there are no others available.

I am cold at the Enfield Senior Center. What should I do?

Since the Senior Center opened in 2003, it has been difficult to regulate the temperature in the building. Many people choose to bring a sweater. Please notify the front desk or any staff member of any building concern. The Buildings and Grounds Division will then be notified of the maintenance issue.

VOLUNTEERS

The Enfield Senior Center could not offer so many of our programs and services without the help of our volunteers. If you are one of the 300 volunteers that give so much of your time to the Senior Center, we really appreciate it. We value your service and appreciate your time.



HELP WANTED

Office Volunteers – Office experience a plus. Hours are 8 am to 12 pm, 12 to 4 pm or 4 to 8 pm, one day a week. Answer phones, take registrations, answer questions.

Kitchen Volunteers – Serve the noon meal Monday through Friday.

Tuesday Night Kitchen Volunteers – Work on the grill, help make French fries, call numbers, help with meal preparation. Kitchen experience a plus.

Computer Instructors – Share your knowledge by teaching or coaching a class. New class ideas welcome.

Please complete a volunteer application at the front desk if you would like to help.



Want to Reach Seniors?

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Call: 508-361-7000



6 AARP, Clubs & Groups

AARP Chapter 3062 Meeting
Thursday, December 2 • 1:30 pm
Christmas Party location to be announced

Monthly Potluck Supper
Wednesday, December 8 • 5:30 pm

PRESIDENT:

Evie Wheat 860-745-3856

TRIPS:

Carol Welsh 860-745-6294

AARP Driver Safety Classes
Enfield Senior Center • 1 - 5 pm
Call 860-741-5233 to register

Trained AARP volunteers conduct classroom driver training for anyone 55 or older. Auto insurance companies offer discounts to those who take this course.

Armchair Birders

Thursday, December 9 • 6 pm

Exchange feeding tips, get help identifying the birds at your feeder and birds you might see locally, and enjoy the camaraderie of fellow wildlife enthusiasts.

Book Discussion Group

Tuesday, December 21 • 5 pm

The December book is:

Never Change by Elizabeth Berg. Books are placed on reserve at the Enfield Public Library on Middle Road and are available the first week of any given month. Books are to be returned the day after our book discussion meeting.

Current Events Discussion Group

Monday, December 6 & 20 • 2:30 pm

Join our group for lively discussions of world events. A different topic will be covered at every meeting. New members always welcome.

Investment Club

Thursday, December 9 • 2 pm

(No meeting December 23)

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only.

Enfield Single Seniors

Wednesday, December 15 • 6 pm

Join us in the Senior Center Dining Room for:

- Socialization • Outings
- Icebreakers • Just plain fun

For information, call Ben Perreault, Coordinator 860-745-4261



French Conversation Group

Tuesday, December 21 • 9:30 am

If you have a French Canadian heritage and would like to parler-vous Francais, join us for a cup of coffee in the Dining Room and meet some new friends.

Goldtones Choral Group

Thursdays • 10 am

Lend your voice to this group. Throughout the year the group entertains at area nursing homes and senior centers. They rehearse all year to present programs appropriate to the season, and conduct an annual concert.

Italian Conversation Group

Fridays • 9:30 am

Talk about Italy, practice your Italian, or just have a cup of coffee with some friendly Italian speakers. No need to register, just stop by.

Train Club

Fourth Tuesday • 6:30 pm

(No meeting this month)

A hobby club for train enthusiasts. Socialize with others who share your interest in trains.

Polish Conversation Group

Thursday, December 16 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage.



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Senior Center Communications, LLC

Ask the Lawyer

Wednesday, December 29
10 am to noon

Attorneys Marcia Hess and Neil Kraner will be available for 15 minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Make an appointment by calling the Senior Center office. There may be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

Community Café

Weekdays at Noon

Reservations: Call 860-763-7428 by noon the day before & leave message.

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus available in the Senior Center lobby and on our website. Suggested donation is \$2 and you must be age 60 or over.

Department of Social Services Assistance

5 N. Main Street, Enfield • 860-253-9024

An eligibility services supervisor is now located at the Mary Lou Strom Primary Care Center in Enfield on Mondays from 8:30 am to 4 pm to offer help with all state assistance programs. Call for an appointment.

Dial-a-Ride

Enfield Senior Center • 860-272-3545

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Enfield Adult Day Center

1A Beech Road, Enfield • 860-763-7538

The Town of Enfield Adult Day Center is a "Home away from Home" for your loved one. As a certified medical model we offer assistance with medication administration, personal care, socialization, exercise, entertainment and hot

meals. We have a dedicated staff of Certified Nursing Assistants, Registered Nurses, Therapeutic Recreation Director, and a Social Worker. Call or visit for more information.

Enfield Grandparents Raising Grandchildren Support Group

Family Resource Center • 860-253-5144

Sponsored by the Commission on Aging and Alcorn Family Resource Center

Each fall, a six-week series is offered, followed by a monthly support group. Meetings are held in the evening and dinner is provided, as well as child care and activities for the children.

Enfield Housing Authority

110 South Road, Enfield • 860-745-7493

Information about elderly and subsidized housing.

Food Shelf

96 Alden Avenue, Enfield • 860-741-7321

Food supplies for those in need. Donations welcomed at the Food Shelf or leave non-perishables at the Senior Center during our regular hours.

Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center. Members sponsor the Senior Lifestyle Expo in the spring, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A very large portion of their funds are generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

ITNNorthCentralConnecticut

Tuesdays 3 - 4:30 pm • 860-758-7833

Learn about alternative transportation for seniors and visually impaired adults.

Little Treasures Gift Shop

Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and treasures.

Loaves and Fishes Soup Kitchen

860-741-0226

St. Andrew's Church, 28 Prospect St

Free meals served Sunday to Friday,

4 - 5 pm, and Saturday 11 am - Noon.

For more information visit

www.enfieldloavesandfishes.com.

Meals on Wheels

Office at Enfield Senior Center

860-763-0400 - leave message

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays 9 - 11 by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance and Part D and assist with filing and processing claims.

Neighborhood Services

860-253-6396 • 100 High Street, Enfield

Help with all entitlement programs.

Social Security Assistance

Thursdays 10 am - 1 pm

or call 1-800-772-1213

A Social Security representative conducts office hours at the Senior Center to handle all Social Security problems. You may also call their toll-free number between 7 am and 7 pm.



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Senior Center Communications, LLC

Connecting Seniors with Consumer Brands through Senior Center Communications

8 Ongoing Programs at the Enfield Senior Center

PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bingo \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all, weekly progressive game up to \$2000, and free quickie game. All proceeds benefit Senior Center programs & services.	Tuesdays	6:30 pm Doors open 5 pm
Bingo Night Supper You don't have to play Bingo to enjoy our Tuesday night suppers. We have weekly specials for \$4 plus grilled cheese sandwiches, hotdogs, hamburgers, french fries, onion rings & desserts. Ice cream sundaes available during the Bingo game intermission.	Tuesdays	5 to 6 pm
Bridge Drop in for contract bridge.	Tuesdays & Thursdays	12:30-3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1-3 pm
Friday Afternoon Dominoes Please bring your own set of dominoes and join others for a fun game.	Last Friday of the month	1 pm
Dominoes in the Evening Please bring your own set of dominoes and join others for a fun game.	Last Thursday of the month	4:30 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Mahjong All levels welcome.	Wednesdays	1-3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. & Fri.	12:45 - 4 pm
Hand & Foot No need to register. Just drop in.	Thursdays	12:45 pm
Setback Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling-Competitive We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm
ONGOING ARTS & CRAFTS – PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Craft Fair Crafters Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited-sewers, knitters, painters, crafters, gluers - beginner or advanced.	Mondays	9:30 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9-11 am
Heritage Group This group works on sewing, knitting, crocheting and craft projects throughout the year. Craftspeople of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

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Dining Out Around Town

****All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire December 31, 2010 unless otherwise noted.**

9

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Cannot be combined with any other offer
Dine-In-Only
Offer expires 12/31/10

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10 SeniorNet Computer Classes



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

Basic Computer Skills

Tuesdays • 1 - 3 pm

Jan 4 - Feb 22 8 classes

R \$24 **NR** \$32

Perhaps you need an introductory knowledge of computers in your workplace, or your children and grandchildren would like you to be able to e-mail them. Whatever the reason, join us to learn the basics. If you're brand new to computers, this class will give you a good start. You'll begin with turning the computer on, using the mouse and keyboard and advance to learning basic skills.

Beyond Basic Computer Skills

Mondays • 1 - 3 pm

Jan 3 - March 7 8 classes

R \$24 **NR** \$32

No classes Jan 17 & Feb 21

After learning the basics, this class will go further to give you a fundamental understanding of Windows, Word, the Internet and e-mail usage. *Prerequisite: Basic Computer Skills or equivalent computer experience.*

Computer Solutions

Thursdays • 3:30 - 5 pm

January 13 & February 10

Free

If you're having a problem with your computer, or need extra help learning the software, stop in the Computer Lab for some one-on-one help from our knowledgeable volunteers. No need to register.

Internet

Wednesdays • 10 am - Noon

Jan 5 - Feb 23 8 classes

R \$24 **NR** \$32

Learn to navigate the web, search for information, and use message boards, chat rooms, & instant messaging. Learn to save favorite web addresses, forward & organize messages, and download & save internet files. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience.*

Introduction to Computer Graphics, Level 1

Mondays • 10 am - Noon

Jan 3 - March 7 8 classes

R \$24 **NR** \$32

No classes Jan 17 & Feb 21

Learn to organize/print photo albums, produce slide shows set to music, enhance/restore old photos, create artistic/commercial posters, merge several photos into a composite panorama and more. We will use multiple applications including Google, PowerPoint and Photoshop. All the required programs are available in the Center's Computer Learning Center. *Prerequisite: Beyond Basic Computer Skills, Word 1 or 2, or equivalent computer experience.*

Window Survival Skills

Thursdays • 10 am - Noon

Jan 6 - Feb 10 6 classes

R \$18 **NR** \$24

A class designed to encompass the various features of Vista and Windows 7. Topics to be covered are the control panel and its many features. The various graphic features of each plus more. The ease of setting up a home wireless network using Vista or Windows 7. Note: Students who have a laptop with either Vista or Windows 7 are encouraged to bring it to class, a laptop is not required. *Prerequisite: Basic Computer Skills or equivalent computer experience.*

Rock'n With Roxio

Tuesdays • 10 am - Noon

March 8 - 29 4 classes

R \$12 **NR** \$16

Have you ever experienced the frustration of spending hours to create a music CD? Learn the magic of Roxio, a software package that will help you create a Music CD. You will also learn other features of this software that will help you backup your data. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience.*

E-mail and You

Tuesdays • 10 am - Noon

January 11- February 1 4 classes

R \$12 **NR** \$16



Learn to send & receive e-mail, create your own account and attach photos. Compare the different features of Ya-

hoo and Google web based e-mail services and the features that are unique to both and much more. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience.*

Holiday Greeting Cards

Tuesdays • 1 - 3 pm

December 7 - December 21 3 classes

R \$9 **NR** \$12

Just in time for the holidays, learn to make greeting cards for that special friend or grandchild. Using Print Shop software, learn how to use graphics and text to make your own personalized greeting cards. You'll create cards using the Quick Start layout, and then go on to learn how to customize a Start-From-Scratch layout. You'll make several cards to take home and all supplies are included. *Prerequisite: Beyond Basic Computers or equivalent*

How to Buy a Computer

Thursday, December 9 • 10 am - Noon

Free

What should you look for in a new computer? Will a laptop or a desktop be better for you? If these are some of your questions, find the answers at this free seminar. *Please register in advance.*

How to Buy a Digital Camera

Thursday, December 16 • 10 am - Noon

Free

There is a wide range of prices and a variety of options when buying a digital camera. Find out which ones will best meet your needs. Please register in advance.

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Bereavement Support

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss. Call 860-763-7600 to sign up or obtain more information.

Blood Pressure Screenings Wednesdays • 11 am - Noon

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. No appointment needed, just stop in.

Blood Pressure Screenings - Evenings

Wednesday, December 8 • 6 - 7 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Diabetes Support Group Thursday, December 9 • 1 - 2 pm

Sponsored by Visiting Nurse & Health Services of CT

If you or a loved one live with Diabetes and are looking for more help from others who share the same problem then please join us. We meet the second Thursday of every month.



Foot Care Clinic

Friday, December 10 • 8:30 am - 3 pm
by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$28. Home visits available for homebound seniors.

Foot Care Clinic - Evenings

Wednesday, December 15 • 1 - 7:30 pm
by appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$28.

Hearing Loss Support Group Monday, December 13 • 9:30 am

Many people experience hearing loss, and until you go through it you do not know the profound effect it has on your life. Join others who are dealing with this issue at the first meeting of this new group. Please register in the office.

Hearing Screening

Friday, December 3 • 12:30 - 3 pm
Call 860-763-7425 for appointment

Free screening performed by the Hear Again Center on the first Friday of every month.



Stroke Support Group

Tuesday, December 14 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT. If you have any questions, please call: Sandie Pino, MSW, LCSW Visiting Nurse & Health Services of CT - 860 872-9163.

T.O.P.S.

Wednesdays • 1:30 - 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.



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12 Fitness Programs



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center



PRIME Fitness Center

Mon to Thurs • 8 am - 8 pm

Friday • 8 am - 4:30 pm

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have.

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule.

\$25 for a month

\$60 for 3 months

\$100 for 6 months

\$150 for a year – Half the cost of a monthly membership!

New Member Package includes:

- One hour individualized program design consultation
 - Training on all machines
 - Program supervision and supervised workout
 - Optional Fitness Assessment
- To schedule an appointment with a Fitness Assistant or for an answer to any questions, call (860)272-3554.

Chair Exercises

Mon, Wed & Friday • 11 am - Noon

Free

No Chair Exercises on Friday, December 10, January 17 or February 21

Improve flexibility, coordination & stamina.

Jan's Exercise

Mon. Wed. & Fri. • 9 - 10 am

No classes on January 17 or February 21

January 3 – 31

1-day 5 classes

R \$17 **NR** \$22

2-day 8 classes

R \$24 **NR** \$32

3-day 12 classes

R \$33 **NR** \$45

February 2 – 28

1-day 5 classes

R \$17 **NR** \$22

2-day 9 classes

R \$27 **NR** \$36

3-day 11 classes

\$30 \$40

March 2 – 30

1-day 5 classes

R \$17 **NR** \$22

2-day 10 classes

R \$30 **NR** \$40

3-day 13 classes

R \$36 **NR** \$48

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.



Introduction to Line Dancing

Thursdays • 4 - 5 pm

Jan 6 – Feb 17 7 classes

R \$21 **NR** \$28

Feb 24 – Mar 31 6 classes

R \$18 **NR** \$24

For individuals with no experience in line dancing. Learn the very basics.

Line Dancing -

Advanced Beginner

Mondays • 2:15 - 3:15 pm

Jan 3 – Feb 14 6 classes

R \$18 **NR** \$24

No class on January 17

Feb 28 – Mar 28 5 classes

R \$15 **NR** \$20

This class is for individuals who have some experience in line dancing and would like to learn beyond the basics.



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Line Dancing - Intermediate**Mondays • 1 - 2 pm**

Jan 3 – Feb 14 6 classes

R \$18 **NR** \$24*No class on January 17*

Feb 28 – Mar 28 5 classes

R \$15 **NR** \$20

Come join fellow line dancers to practice together and learn more intricate steps.

Pilates**Thursdays • 5 pm – 6 pm**

Jan 6 - Feb 17 7 classes

R \$21 **NR** \$28

Feb 24 – Mar 31 6 classes

R \$18 **NR** \$24

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

Simply Stretch & Strengthen with Lynne**Mondays • 10:30 - 11:30 am**

Jan 10 – Feb 14 5 classes

R \$15 **NR** \$20*No class on January 17*

Feb 28 – Mar 28 5 classes

R \$15 **NR** \$20*No classes on January 17 or February 21***Fridays • 10:30 - 11:30 am**

Jan 14 – Feb 11 5 classes

R \$15 **NR** \$20

Feb 18 – Mar 25 6 classes

R \$18 **NR** \$24

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor. Stretch and strengthen in this enjoyable yoga class.

Stretch, Roll & Strengthen with Dan**Tuesdays • 10:30 - 11:30 am**

Jan 4 – Feb 8 6 classes

R \$18 **NR** \$24

Feb 15 – Mar 29 7 classes

R \$21 **NR** \$28

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.

Introduction to Tai Chi**Wednesdays 4 - 5 p.m.**

Jan 5 - Feb 23 8 classes

R \$24 **NR** \$32

This class is for the absolute beginner. Learn the basics of Tai Chi. After this class you may wish to progress to the Advanced Beginner class.

Tai Chi - Advanced Beginner**Tuesdays • 8:45 - 9:45 am**

Jan 4 – Feb 15 7 classes

R \$21 **NR** \$28

Feb 22 – Mar 29 6 classes

R \$18 **NR** \$24

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

Tai Chi - Intermediate**Thursdays • 8:45 - 9:45 am**

Jan 6 – Feb 17 7 classes

R \$21 **NR** \$28

Feb 24 – Mar 31 6 classes

R \$18 **NR** \$24

Continue with more advanced movements.

**Yoga – Chair and Standing****Tuesdays • 11 am - Noon**

Jan 11 – Feb 15 6 classes

R \$18 **NR** \$24

Feb 22 – Mar 29 6 classes

R \$18 **NR** \$24

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

Yoga – All Levels Floor**Tuesdays • 9 - 10 am**

Jan 11 – Feb 15 6 classes

R \$18 **NR** \$24

Feb 22 – Mar 29 6 classes

R \$18 **NR** \$24**Tuesdays • 10 - 11 am**

Jan 11 – Feb 15 6 classes

R \$18 **NR** \$24

Feb 22 – Mar 29 6 classes

R \$18 **NR** \$24**Thursdays • 6 - 7 pm**

Jan 13 – Feb 17 6 classes

R \$18 **NR** \$24

Feb 24 – Mar 31 6 classes

R \$18 **NR** \$24

For active adults who want to incorporate mat work into their yoga practice. The instructor will guide you through modified sun salutations and postures.

Zumba Dance**Wednesdays • 6 - 7 pm**

Jan 5 – Feb 16 7 classes

R \$21 **NR** \$28

Feb 23 – Mar 30 6 classes

R \$18 **NR** \$24

Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

Want to Reach Seniors?

ADVERTISE TODAY Call: 508-361-7000

14 Arts, Crafts, & Recreation

Card Making

Friday • 9:30 - 11:30 am

Dec 10 1 classes

R \$4 **NR** \$5

Jan 14 & 28 2 classes

R \$8 **NR** \$10

Feb 11 & 25 2 classes

R \$8 **NR** \$10

Mar 11 & 25

R \$8 **NR** \$10

We'll make the following: Dec 10-Tags & Bags; Jan 14 - Birthday Cards; Jan 28 - Valentine Cards; Feb 11 - Chocolate Cards; Feb 25 - Easter Cards; Mar 11 - Birthday Cards; March 25 - Easter Cards

Cards with Valorie

Monday • 6 - 8 pm

Dec 6 1 class

R \$3 **NR** \$4

Mar 7 & 21 2 classes

R \$6 **NR** \$8



Join us to create handmade greeting cards using rubber stamps and embellishments. There is a special project for each class and you

will complete four cards with envelopes in each class. Supply cost of \$4 per class payable to instructor. No classes January and February.

Ceramics

Thursdays • 9 am - Noon

Dec 2 - 23 4 classes

R \$16 **NR** \$20

Jan 6 - 27 4 classes

R \$16 **NR** \$20

Feb 3 - 24 4 classes

R \$16 **NR** \$20

Mar 3 - 31 5 classes

R \$20 **NR** \$25

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra.

Christmas Basket

Monday • 9 am - 12:30 pm

Dec 6 1 class

R \$6 **NR** \$7

Create a holiday basket, with red and green accents and a large handle, to give as a gift or carry your gifts and goodies. Materials fee of \$12 payable to instructor.

Elongated Wall Basket

Thursday • 12:30 - 4 pm

Jan 13 1 class

R \$6 **NR** \$7

Create a basket to hang on the wall or doorknob. This basket can be embellished with charms and beads. Materials fee of \$10 payable to instructor.

Flat Letter Basket

Thursday • 12:30 - 4 pm

Mar 10 1 class

R \$6 **NR** \$7

This little flat basket is just the right size to hang by your kitchen door to collect outgoing mail. The basket is woven with different width and color reeds and hemp twine for texture. Materials fee of \$10 payable to instructor.

Jewelry - Mornings

Friday • 9:30 - 11:30 am

Dec 17 & Jan 21 & Feb 18 & Mar 18

Each class **R** \$4 **NR** \$5

Jewelry - Evenings

Thursday • 5:30 - 7:30 pm

Dec 16 & Jan 20 & Feb 17 & Mar 17

Each class **R** \$4 **NR** \$5

You may register for individual classes

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SAVE
THE
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Jewelry Workshop

Thursday • 1:30 - 7:30 pm

Dec 16..... 1 class

R \$8 **NR** \$9

Join us for a 6-hour workshop devoted just to making jewelry. Spend the afternoon and evening relaxing and crafting beautiful one-of-a-kind jewelry pieces to give as gifts or treat yourself. The price of this all-day workshop includes pizza and beverage for dinner.

Make It & Take It

Scrapbook Page

Tuesday • 1:30 - 3:30 pm

Dec 21 & Jan 18 & Feb 15 & Mar 15

Each class **R** \$3 **NR** \$4

You may register for individual classes.

Create pages to showcase special photos. Different themes and techniques will be used.

Mini Tote Basket

Thursday • 12:30 - 4 pm

Feb 10..... 1 class

R \$6 **NR** \$7

Create a double handled small tote basket that would be delightful to give filled with cookies or candies. This basket is embellished with a woven ribbon and your choice of colors. Materials fee of \$10 payable to instructor.



Painting Studio

Friday, January 7 & March 4

12:30 - 4:00 pm

No Fee

The Painting Studio welcomes those who have not painted for years or are tired of painting alone and would feel inspired by painting with others, whether it be oils, acrylics or water colors. You will need to bring all your supplies (easels are available). There will be no instructor - only painting with your fellow artists. If interested please contact Nancy at 763-7437.

Photo Explosion Box

Wednesday • 1:30 - 3:30 pm

Jan 19..... 1 class

R \$5 **NR** \$6

Looking for a unique way to show off your favorite photos?! Photo Explosion boxes make great gifts for birthdays, weddings, graduation, baby showers and more! This fun, funky and unique box is the perfect way to get your photos out of your old storage boxes and ready to show off to family and friends. Just add your photos to your pre-designed boxes and you have an instant scrapbook in a box!

Recycled CD Holiday Ornament

Wednesday • 1:30 - 3:30 pm

Dec 1..... 1 class

R \$5 **NR** \$6

Create a personalized ornament to add to your collection by using a recycled CD.

This is a great project to showcase your family's holiday photos through the years.

Scrapbook Crop

Tuesdays • 1:30 - 4 pm

Dec 7 & Jan 4 & Feb 1 & Mar 1

Each class **R** \$3 **NR** \$4

You may register for individual classes. Organize your photos and get them into your scrapbooks. Join us to share ideas. If you have never scrapbooked before and have photographs in drawers, shoeboxes, magnetic albums and closets, join us to learn how to preserve and enjoy all those memories.

Scrapbook & Card Making Workshop

Friday, December 3 and February 4

9 am - 3 pm

\$5 per person

Bring your supplies and join us for an all-day scrapbook and card making workshop. Finish up your holiday cards or scrappin' your backlog of photos. Some tools will be provided to share. Get your ticket early to guarantee a seat, as space is limited. Fee includes continental breakfast. Tickets available in office.

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Enfield Senior Center

December Newsletter

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Best \$600 Off

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offers or prior purchases.
Offer expires 12/31/10.